

## November Class Schedule 2021

Sign up at [unplugyoga.com](http://unplugyoga.com) or download our new app available from Apple store or Google Play.

In Studio; Virtual

696 Plain Street Marshfield, MA 339.526.9234



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45am-6:45am <b>Vinyasa Flow</b> w/Tara	5:00am-6:00am <b>Vinyasa Flow</b> w/Jen	5:00am-6:00am <b>Yoga Sculpt</b> w/Jen	5:45am-6:45am <b>Vinyasa Flow</b> w/Tara	5:00am-6:00am <b>Vinyasa Flow</b> w/Jen	
		6:30am-7:30am <b>Yoga Sculpt</b> w/Jen		7:00am-8:00am <b>Yoga Sculpt</b> w/Jen		7:15am-8:15am <b>Yoga Sculpt</b> w/Jen
8:30am-9:45am <b>Sunday Morning Flow</b> w/Melissa	9:00am-10:15am <b>Vinyasa Flow</b> w/Tricia	9:00am-10:15am <b>Vinyasa Flow</b> w/ Marcela 9:00am-10:15am <b>Yin Yoga and Meditation</b> w/Melissa	9:00am-10:15am <b>Vinyasa Flow</b> w/ Melissa	9:00am-10:15am <b>Vinyasa Flow</b> w/Tricia 9:00am-10:15am <b>Yin Yoga and Meditation</b> w/Melissa	9:00am-10:15am <b>Vinyasa Flow</b> w/Melissa	8:30am-9:45am <b>Vinyasa Flow</b> w/ Marcela
10:00am-11:15am <b>Yin Yoga</b> w/Melissa	10:30am-11:45am <b>Gentle Hatha</b> w/Tricia	10:30am-11:45am <b>Gentle Hatha</b> w/Marcela	10:30am-11:45am <b>Gentle Hatha</b> w/Erin	10:30am-11:45am <b>Gentle Hatha</b> w/Tricia	10:30am-11:45am <b>Stretch &amp; Restore</b> with Tricia	10:00am-11:00am <b>Barre/Pilates</b> w/ Marcela
	4:30pm-5:30pm <b>Barre/Pilates</b> w/Marcela	4:30pm-5:45pm <b>Hatha Yoga</b> w/Kat	4:30pm-5:45pm <b>Gentle Hatha</b> w/ Linda 6:00pm-7:00pm <b>Yin</b> w/Angela	4:30pm-5:30pm <b>Barre/Pilates</b> w/Marcela		
6:00pm-7:15pm <b>Flow and Restore</b> w/Beverly	7:15pm-8:30pm <b>Stretch and Restore</b> w/Tara	7:00pm-8:15pm <b>Evening Flow</b> w/Amanda	7:30pm-8:30pm <b>Evening Flow</b> w/Marcela 7:45pm-8:30pm <b>Yoga Nidra</b> w/Melissa	7:15pm-8:30pm <b>Restorative YinYoga</b> w/Vanessa		

Next Yoga Teacher Trainings begin in January 2022. Applications can be found at [unplugyoga.com](http://unplugyoga.com) under School. The next Beyond Asana program will also begin in January.

Ayurvedic Health Assessments, Therapeutic Massage, Thai Bodywork and Reiki Sessions available by appointment.

### Class Descriptions

**All Levels Vinyasa Flow:** This class uses hatha yoga postures and integrates them in a flow, coordinating movement

to breath, connecting body to the breath and breath to the mind. These classes typically are energizing (depending on the time of day). Expect some version of sun salutations.

**Hatha Yoga:** There wouldn't be any postures in yoga without Hatha Yoga. In the Hatha Yoga Pradipika, the yogasana's were mostly seated, supine and prone positions. It wasn't until just a few hundred years ago that standing poses came to be. A Hatha Yoga practice can be strengthening, build heat and be more advanced than a Vinyasa practice. Each teacher has their own background and training in this style of yoga. If you see the word '**Gentle**', then expect a more gentle version of this practice. If you see '**Hatha Vinyasa**', expect a more strengthening practice using more pranayama, bandhas and mantra.

**Yoga Sculpt (Conditioning):** This class is offered at Unplug for members who need light weights in their practice to build muscle mass. Vinyasa and Hatha postures help us lengthen the muscles, weights help build muscle. This class is great for anyone who is working on stability and building bone and muscle strength. Stretching between sets and a savasana included. Expect to not feel like you went to the gym or a bootcamp!

**Yin Yoga:** Yin yoga uses Hatha yoga postures held in a specific way to target the fascia and the meridian system in Traditional Chinese Medicine. Postures are held for a long period of time in a Yin way. This class allows the student to practice meditation in these long-held postures.

**Restorative Yoga:** Restorative Yoga uses Hatha yoga postures held in a passive way using props, props and more props. This class is ideal for those looking to destress and decrease cortisol. There are typically no standing postures in this class.

**Barre/Pilates:** Marcela is trained in both modalities. This class is for members looking to build lean muscle and work the core muscles. This is offered per request of our members who do not want to go to a gym.

**Prenatal Yoga:** This class is an all levels prenatal yoga practice. Please check with your OB/GYN before beginning a yoga practice. Angela is a Registered Prenatal Yoga Teacher and Doula.

**Flow and Restore:** This class will include 45 minutes of Vinyasa Flow practice followed by a shorter restorative yoga session and savasana.

Drop in's are welcome. Please do try to sign up for classes in advance through the Unplug & Be Mindful Yoga app or through [unplugyoga.com](http://unplugyoga.com)

**Covid Restrictions:** None. We are following Governor Baker's guidelines. As of now, we are not requiring masks for the vaccinated. Should you feel more comfortable wearing a mask, feel free. We have exercise masks for sale in the boutique.

**Boutique Hours:** Tuesdays 9am-12pm and Saturdays 9:00am-12pm. Teachers can assist you between classes.